



2024 AAU REGION 5 NATIONAL QUALIFIER

JUNE 26-29th

GENERAL INFORMATION

WHERE: Todd Stadium
12465 Warwick Blvd.
Newport News, Va. 23606

DATES: Tuesday, 25, 2024 Packet Pick-Up (6pm – 8pm)
Wednesday, June 26, 2024, Packet Pick-Up (7am – 12 noon)
Thursday, June 27, 2024, Packet Pick-Up (7am – 12 noon)
Friday, June 28, 2024, Packet Pick-Up (7am – 12 noon)
Saturday, June 29, 2024, Packet Pick-Up (7am – 10am)
PACKET PICK UP: TBD.

HOST CLUB: Technique Track Club	MEET DIRECTOR: William Moore 757-593-6985 aauvatrack@gmail.com	ASSISTANT MEET DIRECTOR: Maya Moore 757-690-1405
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TIMING: (FAT) Final Lap Timing

RULES: In accordance with AAU Youth Athletics Guidelines

ENTRY FEE:

Entry fee is \$30 per individual athlete competing in Track & Field.

Event Licensed

- This event is licensed by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU Membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU Youth Athlete membership must be obtained before the competition begins.
- BE PREPARED! Adult and non-athlete memberships are no longer instant and cannot be applied for at event. Please allow at least 10 days for membership to be processed.
- Participants can visit the AAU website www.aausports.org to purchase AAU Memberships.



Division (Girls & Boys)	
8-Under	2016 & After (Allowed 3 Events)
9 years	2015 (Allowed 3 Events)
10 years	2014 (Allowed 3 Events)
11 years	2013 (Allowed 3 Events)
12 years	2012 (Allowed 3 Events)
13 years	2011 (Allowed 4 Events)
14 years	2010 (Allowed 4 Events)
15-16 years	2008-2009 (Allowed 4 Events)
17-18 years	2006-2007 (Allowed 4 Events) **

*****Athletes that are still 18 on the final day (August 3rd) of the AAU JO Games shall be eligible.
No Multi-Event competition for 8-Under Age Groups.***

ELIGIBILITY/AAU MEMBERSHIP:

Competition is open to all boys and girls who have a valid/current AAU membership. AAU membership may be obtained online at www.aausports.org. The AAU membership fee is not included in the AAU Region 5 National Qualifier entry fee and must be obtained prior to participation in this meet.

PROOF OF AGE:

Proof of age may be required at District, National Qualifier, and Junior Olympic Game events and must be provided whenever required and/or challenged.

Acceptable forms of age verification include:

1. Original birth certificate
2. A notarized original birth certificate from the appropriate issuing authority
3. A US Military Government Identification Card
4. A valid (not expired) passport
5. A valid US driver's license



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MEET ENTRY:

Each athlete/team competing in this meet must complete the entry process on www.CoachO.com.

ENTRY FEE:

Entry fee is \$30 per individual athlete competing in Track & Field and \$30 per Multi- Event athlete. All members of relay teams, including alternates, who have not entered an individual event, must pay a \$30.00 entry fee. Payments will only be accepted online at www.coacho.com. Entry Fee must be paid online at the time of registration. **ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE.** Visa and MasterCard accepted online.

ENTRY DEADLINE:

REGISTRATION WILL OPEN ON June 12, 2024, AND CLOSE ON JUNE 21, 2024, 12:00 MIDNIGHT, EASTERN STANDARD TIME. ALL ENTRIES MUST BE RECEIVED BEFORE THE DEADLINE. **ENTRIES THAT ARE NOT RECEIVED BEFORE THE DEADLINE WILL INCUR A \$50 FEE PER ATHLETE.**

ADVANCEMENT :

Advancement from Region 5 National Qualifier to the **AAU Junior Olympic Games:**

- **Running Events:** The top six (6) athletes advance.
- **Field Events:** The top six (6) athletes advance.
- **Multi-Events:** The top four (4) athletes advance.
- **Relays:** The top six (6) relays advance.
- **Meet Management reserves the right to advance athletes based on the number of competitors in each event.**

PROTESTS:

Protests concerning status or eligibility of any competitor must be made to AAU Youth Athletics Committee prior to commencement of meet or to Referee during meet. Protests relating to matters which develop during the conduct of meet must be made to the Referee and be filed at once, but in any case, not more than 30 minutes after the result posting. Protests MUST be filed on official protest forms and presented to Protest Table accompanied by a cash deposit of \$75.00. The Referee shall consider all available official evidence. Once Referee renders his/her decision, protester may request an appeal to the Jury of Appeals. The jury's decision is final. If the protest is denied, the cash deposit will be forfeited. **JURY OF APPEALS WILL NOT ACCEPT PROTESTS CONCERNING JUDGMENT CALLS.**

CHALLENGE:

Region 5 National Qualifier results will be posted within 4 hours after the conclusion of the meet. Any challenges to posted results must be emailed to auvatrack@gmail.com within 24 hours of the posting. Challenges will not be accepted after the 24-hour challenge period has expired.

SPECTATOR ADMISSION FEE:

There will be a \$15.00 gate fee charge per person per day. An All-Event Pass can be purchased for \$45 for all 4 days of competition. **CASH ONLY**. All Children 4 and under will be admitted free.

COACHES PASS:

Teams with 7 -10 athletes will receive three (3) complimentary passes per team.

Teams with 11 – 18 athletes will receive four (4) complimentary passes per team.

Teams with 19 or more athletes will receive a maximum of five (5) complimentary passes per team.

PARKING/DIRECTIONS:

Team buses will have a designated area for parking.

RV units and any vehicle with an attached trailer must park in the area designated for buses.

Detached trailers may not be left on the grounds overnight and must be housed in the area designated for busses during the meet.

AAU Junior Olympic Games Declaration & Registration

Qualifiers for the 2024 AAU Junior Olympic Games in Greensboro, NC (July 27 - August 3rd) must declare and register for the meet online through www.aauathletics.org before July 16th, 2024, at 11:59 PM EST. No entries will be accepted after 11:59 PM EST (9:00 PM PST West Coast). Do not jeopardize your athletes' chance to compete by not completing this step before the AAU Junior Olympic Games registration deadline.

2024 AAU REGION 5 NATIONAL QUALIFIER**FINAL AAU JUNIOR OLYMPIC GAMES SCHEDULE OF EVENTS:**

The Final AAU Junior Olympic Games Schedule will be posted on July 16, 2024, at www.aauathletics.org.

ATHLETES, COACHES AND VENUE INFORMATION**TENTS:**

NO Tents will be allowed on the home side of the stadium of bleachers. Teams may put tents up on the visitor side in all rows. At the end of day, each team must lower tent frames and remove all tent tops in case of inclement weather. Meet management reserves the right to change tent policy if issues occur.

RESTROOM FACILITIES:

Restroom facilities will be available at the track & field venue.

BIB NUMBERS:

Competitor bib numbers will be issued at athlete/team check-in. All athletes will be required to wear bib numbers on the front of their competition singlet at all times of competition. There is a ten-dollar (\$10.00) replacement fee for lost bib numbers. Replacement bib numbers can be purchased at the Registration Table/Tent. **ATHLETES MUST WEAR THE BIB NUMBER ASSIGNED TO THEM OR RISK DISQUALIFICATION.**

HIP NUMBERS:

Hip numbers will be issued by the clerk of course and are required for all running event competitors during their event. The clerk of course will indicate which side and location to wear the hip numbers at check-in time.



THROWING IMPLEMENTS:

Personally owned implements may be used if approved by the meet host; if used, they become part of the equipment pool for the duration of the meet. **(IMPLEMENTS WILL NOT BE PROVIDED)**

ATHLETE WARM-UP:

There will be a designated area for athlete warm up. The track will open one hour prior to the first running event each day.

ATHLETE CHECK-IN:

It is the responsibility of the athlete to hear calls and report to event venue on first call for their division. Field event athletes should report directly to the field event venue. Track event athletes should report to clerk of the course.

RELAY EVENTS:

There is no additional entry fee for relay events as long as following criteria is met:

- 1) All competitors as well as alternates have paid the individual entry fee of \$30.00.
- 2) The relay team represents the current 2024, AAU registered club.
- 3) All competitors must have current/valid AAU membership registration cards.
- 4) Athletes listed as relay alternates (up to 4 allowed) will have relay event count towards their event limitation.

RUNNING EVENT RULES:

100m, 200m 400m, 80m hurdle, 100m hurdle and 110m hurdle events each have two rounds, Semi-Final and Final. The top eight (8) fastest times from the semi-final will advance to the final. If there are eight (8) or fewer entries in semi-final, that event will run as a final on Sunday. **800m, 1500m, 3000m, 200m hurdle and 400m hurdle will be ran as a final.** The **4 x 100 relays** (lanes all the way), **4x400m relays** will run a three-turn stagger with up to eight (8) teams per heat. The **4x800 relays** will run a one-turn stagger with up to 16 teams per heat. Combining heats/divisions is at the discretion of Meet Director.

FIELD EVENT RULES:

Each competitor will have a total of four (4) attempts for throws and horizontal jumps. There are no prelims and finals in field events. Athletes who must leave for another event must check out with Field Event Official. These athletes may also request to take attempts in succession. In vertical jumps, within a division, once the bar moves up, it will not move down for any reason. If excused during around the athlete must return prior to conclusion of that round or forfeit remaining attempts.

AWARDS:

AAU Championship Medals are awarded to the top three (3) finishers in each event and division. 4th through 8th place finishers in individual events in each division will receive ribbons. 4th place relay teams in each division will receive ribbons. Awards can be picked up at the awards tent approximately 30 minutes after the conclusion of each event. Awards will not be mailed to the athlete's home. It is the responsibility of the athlete, coach, or parent to pick up awards before leaving the meet.



FOOD/DRINK/COOLERS:

NO GRILLS/DEEP FRYING ALLOWED. There will be concessions available. Team/Athlete coolers will be allowed; however, **NO GLASS CONTAINERS** are permitted. All coolers, bags, backpacks, and duffel bags are subject to inspection by security.

EVENT SCHEDULES:

Final Meet Schedule will be posted after entries close. Event order will not change but start times may differ based on number of entries. Age groups of same gender may be combined in distance races/walks. Event Schedules will be available at registration.

VENDING:

Vendors will include 2024 AAU Region 5 National Qualifier T-Shirts, Photo's, and various concessions.

INCLEMENT WEATHER:

The Meet Director has the option of delaying or temporarily halting meet in the event of bad weather and resuming when weather permits. Format of meet may be adjusted after weather delay, if deemed appropriate by the Meet Director and Games Committee.

SECURITY/MEDICAL:

- Athletic Trainers are available to athletes in case of injury and will not provide taping.
- Ice and water will be provided for injuries only.
- Emergency Medical personnel are on call.
- Police Officers will be present daily.

FLUIDS:

Meet management will provide water in certain competition areas for competing athletes. It is strongly encouraged that athletes, teams, coaches, and parents have water with them.

WEATHER:

The average high temperature in Virginia during the month of June is in the mid to high 90 degrees. Be prepared.



DAY (1

AAU REGION 5 NATIONAL QUALIFIER

Wednesday – June 26 th EVENT SCHEDULE			
MULTI-EVENTS – 8:00 AM (Day #1)			
	Decathlon	15-16B, 17-18B	100M, LJ, SP, HJ, 400M
	Heptathlon	15-16G, 17-18G	100H, HJ, SP, 200M
	Pentathlon	13B, 14B	100H, SP, HJ, LJ, 1500M
	Pentathlon	13G, 14G	100H, SP, HJ, LJ, 800M
	Pentathlon	11G, 12G	80H, SP, HJ, LJ, 800M
	Pentathlon	11B, 12B	80H, SP, HJ, LJ, 1500M
	Triathlon	9B, 10B	HJ, SP, 400M
	Triathlon	9G, 10G	HJ, SP, 200M

DAY (2)

Thursday - June 27 th EVENT SCHEDULE	
MULTI-EVENTS – 8:00 AM (Day #2)	
Decathlon	15-16B, 17-18B (110H, DT, PV, JT 1500M
Heptathlon	15-16G, 17-18G (LJ, JT, 800M

Thursday – June 27 th T & F RUNNING EVENTS - 9:00 AM	
3000m RW (F)	Age 13G, 14G, 15-16G, 17-18G, 11B, 12B, 13B, 14B, 15-16B, 17-18B
1500m RW (F)	Age 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B
200 Meter (S)	All Age Divisions
4X800 Relay (F)	Age 11-12G & B, 13-14G & B, 15-16G & B, 17-18G & B
200m Hurdles (TF)	Age 13G, 14G, 13B, 14B
400m Hurdles (TF)	Age 15-16G, 17-18W, 15-16B, 17-18M
Steeplechase (F)	Age 15-16G, 17-18W, 15-16B, 17-18M (DRY STEEPLECHASE)

Thursday – June 27 th FIELD EVENTS - 8:30 AM	
Pole Vault (F)	13, 14G, 15-16G, 17-18G, 13B, 14B, 15-16B, 17-18B, Youngest to Oldest Girls followed by Boys
DISCUS (F)	11G,12G,13G,14G,15-16G, 17-18G, Girls followed by Boys 11B,12B,13B,14B,15-16B, 17-18B
JAVELIN (F)	Age 13B,14B,15-16B, 17-18B, Boys followed by Girls 13G,14G,15-16G, 17-18G
HIGH JUMP (F)	Age 13G,14G,15-16G,17-18G Youngest to Oldest Girls followed by Boys 13B,14B,15-16B,17-18B
Long Jump PIT #1	Age 12G, 11G, 10G, 9G, 8UG Oldest to Youngest
Long Jump PIT #2	Age 12B, 11B, 10B, 9B, 8UB Oldest to Youngest
SHOT PUT(F)	Age 8B,9B,10B,11B,12B Youngest to Oldest, Boys followed by Girls 8G,9G,10G,11G,12G



DAY (3)

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Friday - June 28 th RUNNING EVENTS - 8:00 AM	
400m (F)	Age 8UG, 8UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B
400m (S)	Age 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18G, 17-18B
4x100m Relay (F)	All Age Divisions
1500m Run (F)	All Age Divisions
100m (S)	All Age Divisions

Friday - June 28 th FIELD EVENTS – 8:00 AM	
Long Jump (Pit 1)	Age 13G,14G,15-16G, 17-18G Youngest to Oldest
Long Jump (Pit 2)	Age 13B,14B,15-16B,17-18B Youngest to Oldest
High Jump	Age 9G, 10G, 11G, 12G, 9B, 10B, 11B, 12B Youngest to Oldest Girls followed by Boys
Shot Put (F)	Age 17-18W, 15-16G,14G, 13G Oldest to Youngest, Girls followed by Boys, 17-18M, 15-16B,14B,13B
Turbo Javelin	Age 8UG, 9G, 10G, 11G, 12 Girls, followed by Boys, Age 8UB, 9B, 10B, 11B, 12B

FINAL DAY (4)

AAU REGION 5 NATIONAL QUALIFIER

Saturday - June 29 th RUNNING EVENTS - 8:00 AM	
3000m Run (F)	Age 13G, 14G, 15-16G, 17-18G, 11B, 12B, 13B, 14B, 15-16B, 17-18B
200m (F)	All Age Divisions
80m Hurdles (F)	Age 11G, 11B, 12G, 12B
100m Hurdles (F)	Age 13G, 14G, 13B, 14B, 15-16G 17-18W
110m Hurdles (F)	Age 15-16B, 17-18M
400m Dash (F)	Age 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18W, 17-18M
100m Dash (F)	All Age Divisions
800m (TF)	All Age Divisions
4x400m Relay (F)	9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M
Saturday - June 29 th FIELD EVENTS – 8:00 AM	
Triple Jump	Age 13G,14G,15-16G, 17-18G
Triple Jump	Age 13B,14B,15-16B,17-18B